

FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources



It's time to care for those who are always caring for others.

November is National Family Caregivers Month (NFCM), an annual celebration to recognize the hard work of family caregivers. In the United States, around 40 million people provide unpaid care to their loved ones, neighbors, or others in need. They often do this while working and taking care of their families. Some caregivers, called the sandwich generation, have the extra responsibility of looking after their aging parents and their own children, which can be challenging. NFCM aims to raise awareness about the challenges caregivers face and the need for support and resources to improve their overall health and well-being.



Q: How does caregiving impact the overall well-being of caregivers?

A: The responsibilities of caregiving can take a toll on a caregiver's overall health. Balancing caregiving with other duties, such as work and family life, can lead to increased stress, anxiety, and exhaustion. Caregivers often put their own needs and health on hold while putting first the needs of their loved ones. As a result, they may experience physical, emotional, and mental stress, leading to burnout and possible health issues.

Q: What are some common challenges faced by family caregivers, and how can they reduce stress?

A: Family caregivers can come across many challenges while giving care, and it's crucial to find ways for them to maintain personal well-being. Caregivers can follow these tips to help reduce stress.

- 1. Seek support:** Connect with local caregiver support groups or online communities to share what you are experiencing and receive emotional support.
- 2. Ask for help:** Don't hesitate to ask family members, friends, or neighbors for assistance with caregiving tasks.
- 3. Take breaks:** Regularly schedule time for yourself to engage in activities you enjoy. Respite care services can also provide short breaks for caregivers.
- 4. Self-care:** Take care of your physical and mental health by getting enough rest, eating well-balanced meals, and finding time for exercise or relaxation.
- 5. Learn about resources:** Familiarize yourself with available resources and services that offer caregiving support, such as home care assistance, meal delivery programs, and respite care services.



- 6. Stay organized:** Keep important documents, medications, and appointments well-organized.
- 7. Set realistic expectations:** Be OK with not doing everything perfectly. Setting realistic goals for yourself and your caregiving role can help manage stress.
- 8. Communicate openly:** Keep lines of communication open with the person/s you are caring for and other family members involved in the caregiving process.
- 9. Seek professional help:** If you feel overwhelmed or notice signs of burnout, do not hesitate to reach out to a healthcare professional or counselor who specializes in caregiving-related stress.

To learn more, visit [NCOA.org](https://www.ncoa.org)

Sources: National Council on Aging ([ncoa.org](https://www.ncoa.org)), 2022 National Strategy to Support Family Caregivers | ACL Administration for Community Living



MEET DAN TISON

OUR NEW HEALTH EDUCATOR & FITNESS EXPERT!

Are you ready to add more fun and effective techniques to your workouts? We certainly are! Meet Dan Tison, the newest member of our Health Education team.

Dan is a Health Educator and Fitness Expert with 18 years of experience in corporate wellness, fitness, and disease prevention. He's here to boost our wellness efforts and help everyone achieve their personal health goals.

Dan holds a Bachelor's degree in Exercise Science & Health Promotion and is certified in Health & Wellness Coaching, Personal Training, Fitness Nutrition, and Group Training. When he's not helping members get in shape, Dan enjoys high-energy activities such as Brazilian Jiu-Jitsu and self-defense training.

Dan is actively working on creating exciting fitness programs for our members, no matter where you are on your health journey. We have something for everyone! But before we get started, we'd love to hear from you about the programs and classes you'd like to be a part of. Please take a moment to fill out our short survey, so we can tailor our programs to your preferences. Click the link below to share your thoughts. We greatly appreciate your input!

[TAKE THE SURVEY NOW](#)

Casserollin' in healthy flavors!

Say goodbye to heavy green bean casseroles and hello to this light and refreshing option!

Get ready to improve your Thanksgiving meal with this delightful Green Beans with Cranberries and Hazelnuts recipe! It's a breeze to prepare and full of flavor. Can't find hazelnuts? No worries, sliced almonds, walnuts, or pecans work just as well. Brighten up your holiday table with this simple yet impressive dish!



[Get the full recipe here](#)

Open Enrollment for Medicare is here!



Open Enrollment for Medicare has begun!

From October 15 through December 7, 2023, you can enroll in Medicare, or make changes to your current plan during this open enrollment period. Any changes that you make during 2023 will go into effect beginning January 1, 2024.



[Click for more information](#)



Lower prescription drug costs

Just a reminder for those already on Medicare, a new prescription drug law went into effect on January 1, 2023 that will help you save money on your prescription. To learn more about these cost-saving benefits, visit [Medicare.gov](https://www.Medicare.gov).

Join us for a Medicare 101 talk

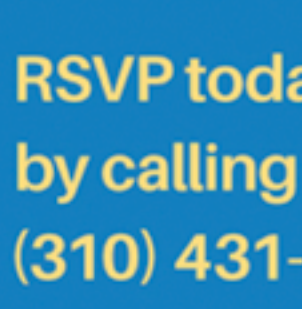
You're invited to join us for a free educational seminar to learn all that you can about Medicare.

Tuesday, November 7, 2023 or Tuesday, December 5, 2023
11:30 a.m. - 1:00 p.m.

Sparr Heights Community Center
1613 Glencoe Way, Glendale, CA 91208

In this discussion, you'll learn how about:

- How to enroll in Medicare
- Medicare Supplemental Insurance Plans (Medigap)
- Medicare Prescription Drug Insurance (Part D)
- Medicare Advantage Plans (Part C)
- Group Employer Health Coverage



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